

POST-INJECTION INSTRUCTIONS FOR DYSPORT/BOTOX

Dysport, Botox, and Xeomin injections take approximately 7-14 days before the full effect is appreciated. Please remember that treatment is a temporary treatment only. The effect lasts on average 3 months. I recommend about 3 treatments per year to maintain results and prevent worsening of existing lines or the formation of additional lines.

Please note that the effects of injections with Botox, Dysport, and Xeomin depend on an individual's anatomy and metabolism. Some individuals have very strong muscles and metabolism that cause the body to break down the product more rapidly. The results of the initial injection will provide information regarding how much of a dose is required and where it needs to be placed in the future.

Given that each patient's anatomy and physiology are unique I keep close records with respect to the location and dose so that your treatment is perfectly tailored to you. Please be advised that our faces are all asymmetrical and this asymmetry will persist after the injection.

Although bruising is rare, it can occur with the most skilled injectors. There are a variety of factors that can potentially cause bruising including alcohol, ibuprofen (Advil or Motrin), or naproxen (Aleve) intake within the previous 48 hours, and aspirin, fish oil and vitamin E taken within a week prior to injections. In general, any time you put a needle through the skin, bruising is a distinct possibility. I know this is common sense, but I want you to be prepared for everything to ensure realistic expectations.

Please note perfection is not possible, only improvement is. Enjoy the natural improvement and do not drive yourself into an anxious frenzy

analyzing and trying to correct every little imperfection. Your expectations must be realistic. Coming back in for minor adjustments in an attempt to attain perfection will be taking up my time and product so there will be a charge.

In order to prevent unwanted migration of the product and the chance of an eyelid droop, **remain upright for 2 hours**. No lying down, leaning forward for 2 hours after injection. No exercising for at least 6 hours following injection.

DO NOT massage or touch the area for 4 hours, however, you may make your usual facial expressions without restriction.

Avoid tight-fitting headwear for the remainder of the day.

Cosmetics may be applied following injection. You may continue your bedtime skincare regimen without restriction. With respect to sun exposure, use your regular daily SPF product.

You may travel by airplane as soon as the day after treatment.

Call the office in the event you experience brow or eyelid droop, experience significant pain, bruising, redness, or an outbreak of cold sores around the injection site.

Rest assured I will be your advocate and prevent you from doing too much or making you look “fake” or “overdone”. I run my practice by having satisfied customers who return time and again because they are confident knowing I will always look out for their best interests. I do not charge by unit but by area treated (for example the forehead, the area between the eyes called the glabella, and the crow’s feet around the

eyes. I have found this method to be superior to charging by unit. I look forward to a long and productive physician-patient relationship with you.

Sincerely,

Adam J. Messenger, M.D.